

# Amazing Place *Family* Album



Reece A. and Anne W. cutting a rug!



Amy J. and Nancy H. chillin' on the patio



A Faithful Paws visitor



Program Coordinator Renee and Jake J.



Matilde O. and Bobby Ann P. with Volunteer Jeanne Angulo and her pup

AMAZING PLACE  
A day center for adults with mild to moderate dementia

# Family Spirit

Monthly News and Program Calendar SEPTEMBER 2016

## Understanding and Managing Anxiety in Those with Dementia

by BRIANNA GARRISON, MSW, LCSW, *Amazing Place Family Services Director*

A person with dementia may feel anxious at times. Anxiety and agitation may be caused by a variety of medical conditions, medication interactions or by circumstances. Whatever the behavior, it is important to identify the cause of the behavior and consider possible solutions. Anyone experiencing behavioral symptoms should receive a thorough medical checkup, especially when symptoms appear suddenly.

### Look for contributing factors such as:

#### EMOTIONAL FACTORS:

- Emotions such as sadness, fear, or feeling overwhelmed
- Stress caused by someone or something?
- Confusion after a change in routine
- Anxiety attached to a certain place or time or event

#### PHYSICAL FACTORS:

- Are they getting enough sleep?
- Could medications be causing side effects?
- Health-related problems
- Too much caffeine, sugar, or alcohol

#### ENVIRONMENTAL FACTORS:

- Are they overstimulated?
- Does the person feel lost?

#### POOR COMMUNICATION:

- Are your instructions simple?
- Are they picking up on someone else's stress and irritability?

Once you have evaluated the contributing factors, it will be easier to adjust to their needs and address their concerns. Here are some general tips for managing anxiety and the challenging behaviors associated:

- Keep a routine.
- Focus on their feelings rather than specific details or words.
- Stay calm, try to reflect the emotion that they need.
- Don't try to reason with them or argue.
- Use distractions to help redirect.
- Try implementing something that has a positive emotion attached such as music, dancing, story, etc.



AP Participants Joan B. and Luther J. with Brianna Garrison

- Provide reassurance
- Modify the environment as needed.
- Help them find an outlet for their energy.

For many caregivers the challenging behaviors of their loved one presents the greatest stress. You have the support of the Amazing Place Care Team to help brainstorm specific solutions to your loved one's challenging behaviors.

*Don't hesitate to call or ask any of the care team members for assistance and creative ideas.*